

OPEN MASTERS GAMES

ABU DHABI 2026

WEIGHTLIFTING



FINAL

Updated: January 31, 2026

1. General Information

Displaying raw strength and explosive power, weightlifting is a showcase of human physical potential. Athletes compete in clean and jerk and snatch disciplines, aiming to lift the heaviest totals.

1.1. Governance

The weightlifting event will be conducted in line with the competition rules of the International Weightlifting Federation (IWF) Masters, UAE Weightlifting Federation, or as otherwise specified in this document.

1.2. Eligibility

In line with the sport-specific rules, an athlete must compete in their designated age group, with their age determined as of 31 December 2026. For example, if you turn 40 by December 2026, you will compete in the 40-44 age category.

Health Declaration

Athletes should carefully evaluate whether their physical condition is suitable for participating in the competition. If they suffer from cardiovascular or other diseases that make them not suitable to engage strenuous exercise, seeking doctor's advice is recommended to evaluate whether they can safely participate in OMGAD events.

Health Insurance

- All participants **MUST** have a medical insurance policy while in the U.A.E.
- Residents and citizens must ensure their respective health insurance policy covers sports injuries.

The Ziyarah Plan, provided by Daman, is a health insurance policy specifically created for the Open Masters Games. You can purchase this plan using the link below

<https://www.damanhealth.ae/products/inbound-emergency-medical-travel-insurance-ziyarah-open-masters/>

Ziyarah Plan (Open Masters Games)

Ensuring your peace of mind for the upcoming event

Coverage Period: 15 days

Scope of Coverage:

- Upto AED 250,000, comprehensive coverage for medical emergencies and sports-related injuries incurred during the event period.
- Direct billing at network providers.
- Consultations through Pura App (Maximum up to 3 consultations).

Eligibility Requirements:

- Registered players and their accompanying family members.
- Health Insurance plan to be purchased before participants travel to UAE.




Premium details:

- Upto 60 years: AED 86 (VAT extra)
- 61years & above: AED 215 (VAT extra)

Important Note for Residents and UAE Nationals

UAE residents (Expats) & UAE nationals will need to ensure their respective health insurance plans cover sports injuries, as they will not be eligible for this plan

damaninsurance.ae

1.3. Dates

Date	February 7 Saturday	February 8 Sunday	February 9 Monday	February 10 Tuesday

1.4. Venue

[Abu Dhabi National Exhibition Centre \(ADNEC\)](#)

2. Competition Information

2.1. Disciplines, Events & Grading

Event	Category		
	Gender	Weight	Age
Snatch and Clean & Jerk	Male	60kg, 65kg, 71kg, 79kg, 88kg, 94kg, 110kg, +110kg	35+, 40+, 45+, 50+, 55+, 60+, 65+, 70+, 75+, 80+, 85+
	Female	48kg, 53kg, 58kg, 63kg, 69kg, 77kg, 86kg, +86kg	35+, 40+, 45+, 50+, 55+, 60+, 65+, 70+, 75+, 80+, 85+

If there are insufficient entries in an age category, categories may be combined to conduct a viable competition. The awarding of medals will not be affected, that is, individuals will still be awarded medals in the age category in which they originally entered.

2.2. Format

The winner of each category will be the athlete with the highest total, when combining the results from the respective Snatch, and Clean and Jerk lifts in the competition.

Each weightlifter is allowed three attempts in each lift – snatch and clean & jerk – with the best successful attempt in each contributing to their total.

The person who lifts the heaviest total weights is the competition winner.

If two or more individuals lift the same weight, the winner is determined on a count back based on the lowest bodyweight.

2.3. Schedule

You can find the detailed schedule of events [here](#).

2.4. Hours of Competition

Each day is expected to comprise of two to five sessions.



Day	Category	
7th Feb	Weigh-in start	7.30am
	First session starts	9am
	Final session finishes	7.30pm
8th Feb	Weigh-in start	7.30am
	First session starts	9am
	Final session finishes	8.30pm
9th Feb	Weigh-in start	11am
	First session starts	1pm
	Final session finishes	8.30pm
10th Feb	Weigh-in start	8.30am
	First session starts	10.30am
	Final session finishes	8.30pm

2.4. Weigh In

A weigh-in will be scheduled for two hours prior to the commencement of each session. Each weigh-in will be open for a maximum of one hour and all athletes must attend the weigh-in time allocated for their weight category. For example, if your session is scheduled to commence at 0900hrs, weigh-in will be open between 0700 – 0800hrs, or until the last registered athlete has completed weigh-in.

If a competitor misses out on his or her weigh-in, the competitor may be eligible to compete under the direction of the technical delegate and/or the competition manager as a guest lifter, but the competitor will not be eligible for a placing or a medal.

All athletes must present accreditation, issued by the Organizer with them to their allocated weigh-in.

Athletes that need to monitor bodyweight prior to the event can do so with check weight scales located in the training area.

2.5. Minimum Starting Attempts Total Rule ('10/15 Kilo Rule')

At Masters Competition for men, their first attempt snatches plus the first attempt clean and jerk must total no less than a total that is 15 kilograms below the Qualifying Total for that age and bodyweight category. The lowest possible opening (first) attempts total for men is 15 kilograms below their Qualifying Total.

At Masters Competition for women, their first attempt snatches plus the first attempt clean and jerk must total no less than a total that is 10 kilograms below the Qualifying Total for that age and bodyweight category. The lowest possible opening (first) attempts total for women is 10 kilograms below their Qualifying Total.

Failure to achieve the qualifying standard will result in the athlete not receiving a medal regardless of that athlete's position in the championship.

3. Technical Details

3.1. Technical Delegate

The Technical Delegate, endorsed by the UAE Weightlifting Federation, is Mr. Khalid Al Dhanhani. The Technical Delegate will oversee the implementation of all sport specific rules and requirements at the Games.

3.2. Other Technical Details

Training

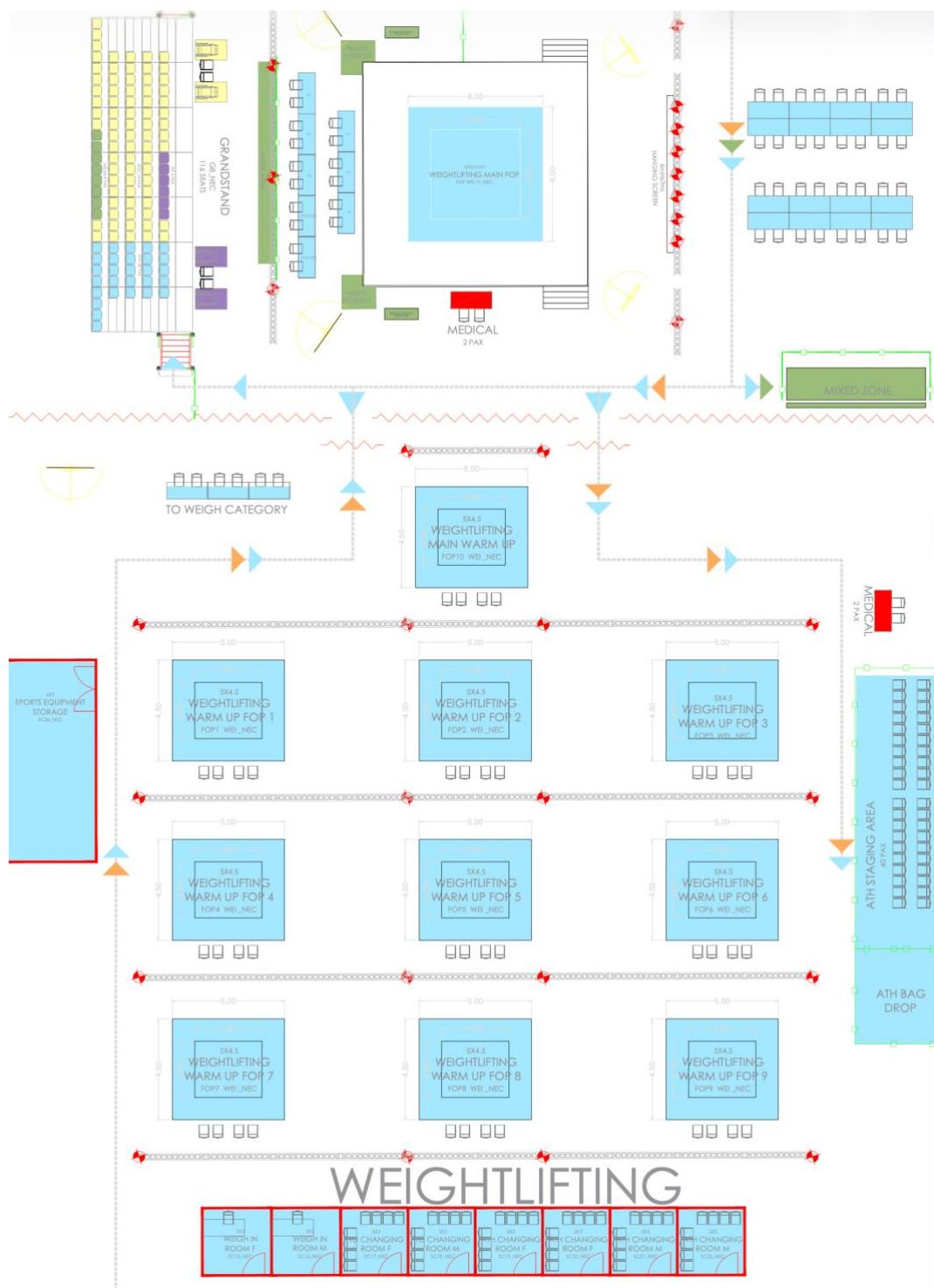
Training facilities will be provided and will be accessible from February 5th from 10am to 5pm.

Technical Meeting

The technical meeting for the team leaders will be held at the competition venue on February 5th from 5pm until 6pm at the Athletes Lounge.

Verification of entries will happen at the same time with the team leaders.

Warm Up Area and Staging



3.3. Competition Management

Name	Position	Email
Khalid Al Dhanhani	Technical Delegate	Khalid163e@hotmail.com
Mohamed Khamis Alnaqbi	Competition Manager	weightlifting@omgad2026.ae

4. Equipment & Uniform

4.1. Equipment

The OMGAD2026 will provide all competition equipment (platforms, barbells, bar, discs, collars) including an electronic referee light system. All equipment for the competition will meet IWF specifications.

Warm-up equipment will also be provided; however, this may not be the same as the equipment provided for competitions but will be of a suitable standard to enable sufficient athlete warm-up prior to competition.

4.2. Uniform

All athletes must comply with clothing rules and regulations as outlined by the IWF, including costume, belt, footwear and any bandages, tapes or plasters.

5. Awarding

5.1. Medals

The top 3 athletes will be awarded the gold medal, silver medal and bronze medal respectively.

5.2. Ceremonies

- In OMGAD2026, athletes are individuals and represent themselves. National flags and anthems will not be included in medal ceremonies.
- The medal ceremony will be held after each category/age group has been completed.
- The medal ceremony will be conducted in Arabic and English.

6. Protests and Appeals

6.1. Protests

- Competition-related disputes and protests shall be handled according to rules and related regulations of the international association of the sport. If there are no rules regarding such disputes and protests in place, the competitor may first make verbal protest and submit written protest to OMGAD within 30 minutes after the end of a contest.
- No protest can be lodged by any team members or staff against a judging (scoring) decision during the competition period.

6.2. Appeals

- Based on the principle of trust, the Organizer will not take the initiative to review the grade of athletes upon registration. Matters regarding athlete qualifications and grades should be submitted to the Organizer with relevant supporting materials before the Games or when the fact occurs. The complaint will be handled in accordance with the rules and relevant regulations of international sports federations and relevant regulations.
- Applications that are not submitted within the stipulated time or with incomplete materials will not be accepted.

7. Doping Control

7.1. Regulations

- Doping Control should be conducted in accordance with WADA World Anti-Doping Code (<https://www.wada-ama.org/en>) and International Masters Games Association (IMGA) Anti-Doping Rules (<https://imga.ch/masterssports/anti-doping>).
- Participants are deemed to have agreed to be subject to doping control procedures in accordance with the International Masters Games Association Anti-Doping Rules upon entry to the competition. Participants must obey antidoping rules and conduct themselves in a considerate manner.